Name: Section:



Date: Score:



Create a Plan to Manage Test Stress



Pre-test jitters are normal. It is ok to feel anxious before taking an exam. In fact, having some stress is good. However, if you don't manage your stress or keep a proper perspective about things, you can create unhealthy levels of stress and anxiety.

Your mission is to write your test fears and/or anxieties for ten minutes. Then create a "game plan" on how to address these fears.

If you struggle with staying positive, then maybe you should give yourself more affirmations.

Or maybe you need to keep the perspective that this test does not define you. You are much more than a test score, and your self-esteem should not be linked with this score.

Or perhaps you need to remind yourself that a little stress is fine, and that you will have a sense of accomplishment when the test is done.

Or maybe exercise and proper nutrition are important for you getting your mind right before an exam.

Every person has their own reasons for feeling stressed and anxious before a test, and developing the right perspective, mindset, and routines are often key to embracing these fears.

So once again, Write your test fears and/or anxieties for ten minutes. Then create a "game plan" on how you plan to address these things.

Write your fears and/or anxieties for ten minutes.

Create a "game plan" on how you plan to address your fears and/or anxieties.